



HERITAGE·CENTER

NEWSLETTER

March
April
2013

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

-
- Arts & Crafts
-
- Cultural Programs
-
- Daily Lunch
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities
- Open Monday through Friday
8:00-4:30
Thursday
8:00-10:00

Saturday, March 23 - Story Telling Festival

Murray City's first storytelling festival is set for **Saturday, March, 23** from **1:00-4:00** at the Heritage Center. The storytelling festival is free and will feature finalists from Murray's elementary and secondary schools along with adult and senior finalists and professional storytellers in three 50 minute sessions at 1:00, 2:00, and 3:00. Workshops and judging have been ongoing throughout the year at schools and the senior center as over 100 interested participants have been coached by professional storytellers from the Timpanogos and Weber storytelling festivals. Well known musician and storyteller Clive Romney, who magically weaves stories and music together, will enhance the first and last session. Drop by for one or all three sessions. ♦



Thursday, April 25 - 11:00

The Living Roots of Music

Lauren Pelon traces the story of music and performs music from around the world on ancient & modern instruments and voice. **Thursday, April 25 at 11:00 AM.** Lunch with a taste of food from around the world will follow at noon. Advance tickets needed for the lunch. The lunch cost is \$5. Read more on Lauren and her performance on page 3. ♦

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$250 back page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.

Murray UT 84107

801-264-2635

fax 801-284-4233

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

♦♦♦

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. ♦

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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♦♦♦

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Custodian

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♦♦♦

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Newsletter Cost

The suggested donation for this publication is 75¢. Subscriptions are available for \$18 per year and mailed to your home. ♦

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. ♦

Copies

You can get a copy made at the front desk for 10¢ per page. Copies are limited to 10. ♦

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week's supply of lunch coupons. ♦

Credit Cards



The Heritage Center accepts all major credit cards for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. ♦

COMPUTERS

Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter and Internet access. The Center also has wireless Internet in the building. The instructor computer has the program R/C Flight Simulator installed for the flying enthusiast. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam.

Computers are available any time a class is not being held. There is no charge to use the computers but printing is 5¢ per page.

Classes are set based on interest. Interest sheets are available at the front desk. Group as well as private lessons are offered. Private lessons are a great way to have your individual needs addressed. When signing up for a private lesson, let the front desk know the basic issues you would like discussed. The cost is \$3 for an hour private lesson and lessons are available on Monday with Calli, Tuesday at 12:30 or 1:30 with Rylee Gregory, Wednesday at 10:00 or 11:00 with Carolyn Hollis. Glen Werner is also in the Computer room on Fridays from 9:30-11:30 to answer questions (free). Karl Molander is available for genealogy lessons and scheduled as needed.

Sign the interest sheet at the front desk if you'd like a group class on Computer Basics, Internet, or Email taught by Susan. ♦

MISC...MISC...MISC...MISC...MISC...MISC...MISC

The Living Roots of Music - Thursday, April 25 - 11:00

A unique program will be held on **Thursday, April 25 at 11:00** with musician Lauren Pelon called The Living Roots of Music. Lauren traces the story of music and performs music from around the world on lute, guitar, lyre, recorders, gemshorns, shawm rackett, krummhorn, schreierpfeife, pennywhistles, concertina, ocarina, hurdy-gurdy, doucaine, Kiowa courting flute, synthesizers, electric wind instrument and MIDI-pedalboard.



Pelon is a vocalist as well, and her original songs and ancient ballads have been especially appealing to audiences. A Michigan reviewer wrote, "Lauren Pelon is a showpiece by virtue of her beautiful, fervent voice and her extraordinary talents on an assortment of unusual, but authentic instruments."

Ms. Pelon was the recipient of a 2001 "Artist of the Year" Award from Southeastern Minnesota Arts Council, and 2010 Artist Initiative Award from the Minnesota State Arts Board. She studied the history of music and instrumentation both in America and overseas. She has performed in St. Petersburg, Russia at the Russian Institute for the History of the Arts, the Conservatory of Music in Almaty, Kazakhstan, and in concerts throughout the United States, Canada, Europe and China.

"I am fascinated by the interesting ways people of other cultures and different times have found to make music," says Pelon. "I especially enjoy doing these programs because they differ from ordinary concert performances. They offer not only an opportunity to listen to music, but also a way to think about how music has affected the lives of people all over the world — from ancient times to our own modern day."

Pelon's current program melds her own original compositions with her arrangements of music from ancient Greece, medieval Europe, and contemporary Africa and Middle East. William Kearns, American Music Research Center, Boulder, Colorado, called the program "captivating and awesome." A reviewer for The Canberra Times, Australia wrote, "Lauren Pelon has devised a unique evening of entertainment by combining a wide variety of music from many centuries... Her versatility with more than 25 instruments including voice is admirable...an experience made all the more pleasant by Pelon's relaxed and warm presentation of the rare and unusual."

Don't miss out on this wonderful opportunity to learn about the roots of music. Thank you to the Murray Cultural Arts for sponsoring the program.

A special meal featuring food from around the world has been planned to follow the musical program. The cost for the meal is \$5 and advance tickets are needed for those who would like to stay for lunch. No special options will be available that day for lunch. Meal tickets are currently on sale. ♦

HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

1st & 3rd Thursdays 11:00-12:00

Blood Pressure and Glucose Checks

Stop by the Center on the 1st or 3rd Thursday of every month between 11:00-12:00 for free blood pressure and glucose checks.

A special thank you to Harmony Home Health & Hospice for providing the service on the 1st Thursday of each month. ♦

Friday, March 22 - 10:30

Maintaining a Healthy Heart

The Center is offering a health class to help you understand your heart issues relating to High Blood Pressure and High Cholesterol. High blood pressure and high cholesterol are the precursors to developing heart disease and stroke.

On Friday, March 22 at 10:30 Huong Nguyen from the University of Utah Pharmacy Department will be at the Center to discuss these issues related heart to health.

The contributing factors for individuals with high blood pressure generally tend to be high cholesterol and plaque build up within the artery walls. As the walls weaken the blood pressure rises.

Please come and learn about new research, what you can do to decrease your cholesterol, and how to optimize your medication therapies.

This is a FREE class, sign up now. ♦

Wednesday, March 6-April 10

Living Well with Chronic Conditions

Tosh Arthritis Program is offering Living Well With Chronic Conditions Class on **Wednesday, March 6-Wednesday, April 10 at 5:30-7:30.**

This **FREE** 6 week course will be held at the Tosh Auditorium from 5:30-7:30. This workshop will cover a different topic each week. Learn how to manage symptoms, use medication as directed, work with your health care team, set weekly goals, solve problems effectively, and relax and handle difficult emotions.

To make your reservation call: 801-314-2992. ♦

Thursday, April 18 - 9:30-11:30

Podiatrist

Dr. Scott Sheldon, a local Podiatrist, will be at the Heritage Center on **Thursday, April 18, from 9:30-11:30** to provide toenail clippings and routine foot screenings. *Dr. Sheldon is unable to provide services for people who are diabetic or on blood thinners.*

The cost is \$10 and payment is required when making your appointment. Sign up now at the front desk for this service. ♦

Tuesdays & Thursdays - 12:30

U of U Exercise & Sports Volunteers

A group of U of U Exercise & Sports Students will be in the exercise room every **Tuesday & Thursday from 12:30-2:00**. They will help you get the machines started, support your exercise program, and answer any questions.

The students are also offering a balance class during this time period. The class meets in the East Conference room beginning at 1:00.

You will find a sign-up sheet in the exercise room for one-on-one exercise assistance. List the time you want to meet with these students and they will assist you in meeting your exercise goals. Sign up is only required for one-on-one assistance, everyone is welcome to meet with the students to jump start their exercise program with the help they need!

The exercise room cost is \$5 a month or \$1 a day. ♦

Wednesday, May 29 - 9:00-12:00

National Senior Health & Fitness Day

Mark your calendar for **Wednesday, May 29** for the 20th annual National Senior Health & Fitness day. Join us for a morning of free activities including a fitness walk, vendors, prizes, exercise demonstrations and lunch. Look for more information in the May newsletter. ♦

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

NIA

Mondays

9:00 - 10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Mondays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesdays & Thursdays

9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesdays & Thursdays

10:30 - 11:30

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Everyone

10:15-11:45

Tuesday Beginners

2:00-3:00

\$1.50 per class

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

YOGA

Wednesdays & Fridays

10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Fridays

9:00-10:00

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine.

Total Fitness Pass \$30 per month - unlimited classes & exercise room.

Monthly Pass and 100% Attendance Challenge

Special Monthly Total Fitness Pass

The Center is offering two new *trial fitness programs*.

#1 - Monthly Fitness Pass - Pay \$30 the first week of each month and then attend as many classes as you'd like plus utilize the exercise room as much as you'd like. The cost is just \$30 for the month of March.

#2 - Take the 100% exercise challenge. If you attend a twice a week class 100% of the time during March you'll receive a \$5 off coupon to use in April for any exercise class or program. Classes that are eligible for the 100% challenge:

Monday **NIA** & Friday **Zumba** (attend both classes each week)

Monday & Thursday **Strength** / Tuesday & Thursday **Stretch/Tone**

Tuesday & Thursday **Tai Chi** / Wednesday & Friday **Yoga**

How do you participate in the challenge? You must make sure you SCAN in each morning and also have the front desk record you are here on the class roll sheet. You may not combine different classes (except NIA/Zumba). ♦

MISC...MISC...MISC...

"You made that?"

Cricut Craft Machine

The Center is excited to announce the purchase of a new craft tool called the Cricut. Maybe you have heard about the Cricut machine but are not sure how it works, if you can run it, or if it's really that cool. Come and give it a try!

The Cricut will help you hear the three little words most creators just can't get enough of - "You made that?" It does not matter if you want to craft a card, scrapbook, home decor, or etch on glass. One thing's for sure, Cricut will always craft a smile. Cricut is a die-cut machine and you can pick fonts or graphics to help in all your crafting needs. Calli and Cindy are here to help you learn how to use this fun machine. Not sure what to make, they can help you with that too.

The Cricut machine will be housed in the activity room and will be available to use on Tuesday and Thursdays during ceramics. Cindy will provide instruction on the machine on Thursdays. You will need to bring your supplies such as paper, vinyl, or the glass for an etching project. The cost to use the machine will be \$2 for an hour of use. The small fee will help the Center with purchasing new blades and cartridges. See Cindy on any Thursday to learn about the machine and then come and give it a try on Tuesdays or Thursdays during ceramics. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays - 12:45

Craft Day

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of crafts and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share. ♦

Tuesdays & Thursdays 8:30 -12:00

Ceramics

The ceramic class operates on **Tuesdays** and **Thursdays** from **8:30 to Noon** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student.

The cost to participate is \$1 each time you attend plus supplies. ♦

Wednesday, March 13- 9:00

Painting Class

A new **6 - week** session of the painting class starts **Wednesday, March 13, 9:00-12:00** and will **run through April 17**. The cost is \$30 and payment is needed in advance.

Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolor. She also will be teaching oils. Sign up now. ♦

Monday, March 4 - 1:30

Easter Craft

On **Monday, March 4** from **1:30-2:30**, Calli will be leading a craft class on making Easter Cup Baskets. You will paint, decorate and embellish these cups in the style of an Easter baskets. The cost is \$3. Sign up now. Space is limited to 15.

Monday, March 11 & March 18

Freezer Meals for One

On **Monday, March 11 & March 18 from 11:00-12:30**, Calli will be teaching a 2 session cooking class. Join her in the kitchen to prepare and package freezer meals for one. It's easy to eat healthy when you have a meal packaged and ready to heat. With Calli's help you will prepare 8 healthy entrees to freeze for your convenience. The cost is \$20 and you take home 8 delicious freezer meals along with recipes and tips. Class is limited. Sign up now. ♦

Friday, March 22 - 9:00-10:30

Spanish Class

A six week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, March 22 at 9:00** and will run through **April 26**. **Cost of the class is \$25**. New and advanced students are welcome! Edie Andrew is an experienced Spanish teacher who is very capable of working with many different levels of students from beginners to advanced. Purchase your Spanish book, (\$11) when you register. ♦

Tuesday, March 5 - 10:30

Climbing The Indonesian Peaks

On **Tuesday, March 5 at 10:30** Carol Masheter will be returning to the Center to present a new slide show about her climb of the Carstensz Pyramid in Papua Province, Indonesia, last July. The biggest challenge of climbing Carstensz Pyramid is getting there. In Papua Province, corruption and warfare are common place. Stone-age tribes still kill each other with bows and arrows. Armed militias fighting for an independent Papua sometimes kidnap climbers. Avoiding these problems, the climbers still must hike several days through Equatorial jungle and over very rugged terrain, often in knee-deep mud. Then climb 2,000 vertical feet of very steep limestone using ropes, often in freezing rain and snow.

Some mountaineers consider this fearsome peak to be the "eighth" of the Seven Summits, the highest peak in each "continent."

At 16,024 feet elevation, Carstensz Pyramid is the highest peak on the tectonic plate that includes Australia as well as Papua, a very large island north of Australia.

Even with these difficulties, Carstensz Pyramid, the jungle surrounding it, and the local tribes who live there have a certain magic.

This is a **FREE** class. Sign up now. Come and join Carol and share the magic. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Monday, March 25 - 9:30

Monday, April 22 - 9:30

Driver's Safety Class

The class will be held **Monday, March 25** or **Monday, April 22 from 9:30 - 2:00**. Sign up now at the front desk.

This **AARP** driving class, taught by a volunteer instructor from the American Association of Retired Persons, is 4.5 hours of classroom instruction that helps redefine existing skills and develop safe, defensive driving techniques.

Sign up at the front desk. The cost of this class is \$12 for AARP members and \$14 for everyone else. The instructor will collect the fees at the start of the class. Bring your AARP membership card and valid driver's license. **Check with your insurance company to see if they offer a discount for attending this class.** If time allows, a safety check of each participant's car will be conducted. ♦

Monday, April 29 - 1:30-2:30

Jewelry Class

On **Monday, April 29 from 1:30-2:30** Calli will be teaching a jewelry class in the Activity Room. **Cost is \$10.**

Join her in making 3 decorative glass pendants. You will leave with 3 beautiful pendants for your jewelry collection. Necklace chain is not included. Class is limited to six. Sign up now. ♦

Monday, April 8 - 1:30-2:30

Craft Class-Canvas Pillows

Meet Calli in the Activity Room on **Monday, April 8 at 1:30** to create a painted canvas pillow. **Cost is \$10.**

A 12" pillow cover and all supplies are covered with the price of the class. This could be a great gift for a friend, family member, or maybe yourself. Come and enjoy the class. Sign up now ♦

Thursday, April 11, 10:00

Savvy Saving Seniors

For many vulnerable and disadvantaged older adults, the path to economic security begins with basic money management. Learning how to budget, avoid scams and apply for benefits can help seniors stay secure and independent longer.

The class will be taught in two parts: Part I covers budgeting tips, money management tips and tricks, benefits of banking, budget busters to avoid, and how to find and apply for benefits. Part II provides an overview of popular scams targeting seniors, tips for avoiding them, and next steps for victims of financial fraud.

The Savvy Saving Seniors presentation will be held on **Thursday, April 11 from 10:00 - 11:30**. We will have guest speakers from the community making presentations. Sign up now for this free class. ♦

Tuesday, April 9 - 1:00-3:00

Quilling

The Center is pleased to announce a new Quilling class starting **Tuesday, April 9 at 1:00** and will continue weekly until your projects are finished.

Quilling is a very old English art form using rolled paper. A few pieces have survived from the 16th Century.


Quilling involves rolling narrow strips of paper into different sizes and shapes to create a picture. No artistic talent is needed-just a little time and some patience. You can even roll your paper while watching T.V.

The Center will have some supplies available but recommend you purchase a Quilling kit and tool. You can find these supplies at the Hobby Lobby in Sandy.

Leda Wright will teach this class, beginning **April 9 from 1:00-3:00** and will be available to continue helping in the Activity Room with your Quilling projects. Even if you just want to see what Quilling is all about, drop in and get acquainted with Leda.

A recent Antique Road show featured a Quilling piece that was created in America in 1734. It was a coat of arms and was valued at \$50,000. Learn the "Rest of the Story" at the first class on **Tuesday, April 9 at 1:00**. This is a **FREE** class and everyone is welcomed. Look for the Quilling display in the foyer cupboard. ♦

	MONDAY	TUESDAY
<div>Heritage Center Events</div> <div> Heritage Center #10 E. 6150 S. (west of State Street) 801-264-2635 www.murray.utah.gov heritage@murray.utah.gov </div> <div> we are here to serve you Monday-Friday 8:00-4:30 and Thursday until 10:00 PM </div>	<div>MARCH 2013</div>	
	<div> 9:00 NIA 9:30 IMC Quilters 1:00 Bridge 1:00 Movie 1:30 Craft/ Easter Baskets 2:00 Strength Conditioning </div> <div>4</div>	<div> 8:30 Ceramics 9:00 Stretch / Haircuts 10:15 Line Dancing 10:30 Tai Chi 10:30 Climbing The Peaks 11:00 Canasta 12:00 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing </div> <div>5</div>
	<div> 9:00 NIA 9:30 IMC Quilters 11:00 Freezer Meals 1:00 Bridge 1:00 Movie 2:00 Strength Conditioning </div> <div>11</div>	<div> 8:30 Ceramics 9:00 Stretch / Haircuts 10:15 Line Dancing 10:30 Tai Chi 10:30 Irish Storytelling 11:00 Canasta 12:00 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing </div> <div>12</div>
	<div> 9:00 NIA 9:30 IMC Quilters 11:00 Freezer Meals 1:00 Bridge 1:00 Movie 2:00 Strength Conditioning </div> <div>18</div>	<div> 8:30 Ceramics 9:00 Stretch / Haircuts 10:15 Line Dancing 10:30 Tai Chi 11:00 Canasta 12:00 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing </div> <div>19</div>
	<div> 9:00 NIA 9:30 IMC Quilters 9:30 AARP Driving Class 10:30 Golf Meeting 1:00 Movie 1:00 Bridge 2:00 Strength Conditioning </div> <div>25</div>	<div> 8:30 Ceramics 9:00 Stretch / No Haircuts 10:15 Line Dancing 10:30 Tai Chi 11:00 Canasta 12:00 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginners Line Dancing </div> <div>26</div>

WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <p>9:00 Zumba 9:00 Kingsbury Hall 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge</p>
<div>6</div> <p>9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 12:00 Birthday/Lunch 12:30 Taxes 12:45 Bingo 1:00 Wii Games 1:00 Bridge</p>	<div>7</div> <p>8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 12:00 Lunch 12:30 Mexican Train/Exercise 12:45 Happy Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 Dance</p>	<div>8</div> <p>9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge</p>
<div>13</div> <p>9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Wii Games</p>	<div>14</div> <p>8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 12:00 Lunch 12:30 Mexican Train/Exercise 1:00 Square Dancing 1:00 Clark Planetarium Trip 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 Dance 7:00 UTE RC</p>	<div>15</div> <p>9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:00 Irish Step Dancing 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch (\$5 St. Pat's) 12:45 Bingo 1:00 Bridge</p>
<div>20</div> <p>9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Wii Games</p>	<div>21</div> <p>8:30 Ceramics 9:00 Stretch & Tone 10:00 The Leonardo Trip 10:30 Tai Chi 11:00 Blood Pressure 12:00 Lunch 12:30 Mexican Train/Exercise 12:45 Red Hats / 1:00 Sq. Dance 2:00 Strength Conditioning 3:30 Jam Session 5:15 Weight Watchers 7:00 Dance</p>	<div>22</div> <p>9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 10:30 Healthy Heart Class 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge</p>
<div>27</div> <p>9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Wii Games</p>	<div>28</div> <p>8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 12:00 Lunch 12:30 Mexican Train/Exercise 1:00 Square Dancing 2:00 Strength Conditioning 5:15 Weight Watchers 7:00 Dance</p>	<div>29</div> <p>9:00 Zumba 9:00 Spanish 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:45 Massage 12:00 Lunch 12:45 Bingo 1:00 Bridge</p>
<p>Newsletter</p>		<p>9</p>

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Billiards, Indoor Shuffleboard, Table Tennis

Pool tables, indoor Shuffleboard, and table tennis are provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located. Ladies have a pool table reserved for their use only every Monday at 12:30. ♦

Pinochle - Wednesdays at 9:15

Pinochle tournaments are held on **Wednesday** mornings at 9:15 am. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. ♦



Bridge - Mon., Wed. & Fri. at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday, Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. ♦

Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, and anyone can join in on the fun. ♦

Birthday Wednesday - Wed., March 6 or April 3

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90... this month (just tell the person collecting the money you've hit a decade). ♦

Bingo - Wednesday & Friday at 12:45



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game and Memorial Mortuaries and Jenkins Soffe for their monthly bingo donations ♦

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and **Tuesday** afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ♦

Thursdays 1:00-3:00

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on Thursday afternoons from 1:00-3:00. The cost is \$1.50 per day and is paid when you arrive.

Don has been calling and conducting classes for more than 40 years. Bring a friend and give it a try. ♦

1st & 3rd Thursday at 12:45

Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BUNCO and Mexican Train and on the **3rd Thursday at 12:45** to play Hand & Foot.

The next meetings are on Thursday, March 7, 21 and April 4, 18. Information sheets available at front desk. ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

Golf Season General Meeting March 25 - 10:30

The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, March 25 at 10:30** at which time the schedule will be reviewed (possible changes made) and local rules for this season's play outlined.



Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on March 26 for basic orientation. Tournament play will commence on April 8 at Mtn. View Golf Course. A tentative tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played, and tournament fee. All tournament fees must be paid at least one week before the tournament.

Tentative 2013 Season Schedule:

4/8 - 8:30 Mountain View	7/29 - 8:00 Round Valley
4/22 - 8:30 Stonebridge Scramble	8/12 - 7:30 Fox Hollow
5/6 - 8:00 Glenmoor	8/26 - 7:30 Davis Park
5/20 - 8:00 Murray Parkway	9/9 - 8:00 Talons Cove
6/10 - 7:30 Riverbend	9/23 - 8:30 Meadowbrook
6/24 - 8:00 Wasatch	
7/15 - 7:30 Valley View	9/30 - Season End Banquet

Welcome to Wii Wednesdays!!!

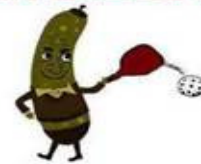


The Heritage Center has a new big screen television set up with a Wii Sports Package. If you've ever been interested in competing with your grandkids in a **Wii Sports** game like **bowling, tennis** or **golf**, we are starting Wii Wednesdays on **Wednesday, March 6** from **1:00 - 2:30**. Wii is a great way of staying in shape while playing a fun game on the TV. Drop in and show us what you've got. ♦

Jam Session - Thurs., March 21 or April 18 - 3:30

Bring your instrument and jam on **Thursday, March 21** or **April 18** at **3:30**. Past gatherings have included drums, guitar, violin, piano with all types of music played from jazz to country. ♦

PICKLEBALL



Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. This is a great way to stay active and in shape.

Drop in play is every **Tuesday** and **Thursday**, from 9:00 - 11:00 a.m. at the **Park Center** in Murray Park. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided. ♦

Thursdays - 12:30

Mexican Train



Come in for lunch any **Thursday** and after lunch our volunteer Diane Tucker will be in the craft room to explain the game of **Mexican Train**. Play will begin as soon as lunch is finished (usually around 12:30). It's an easy domino game to learn. Bring a friend or come alone. The game is generally played with 2 to 8 players. Plan on spending a few hours learning this new game, meeting new friends, and enjoying a great way to expand your mind. It's FREE and lots of fun! ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Mondays at 1:00 - FREE

Monday Movies

Monday movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

March -4 - **Won't Back Down**
2012 – 121 minutes

March 11 - **Circle of Friends**
1995 – 103 minutes

March 18 – **Wreck-It Ralph**
2012 – 108 minutes

March 25 – **Life of Pi** 2012 –
127 minutes

April 1 – **Taken** 2008 – 93
minutes

April 8 – **Taken 2** 2012 – 92
minutes

April 15 – **Skyfall** - 2012 –
143 minutes

April 22 – **Chasing Mavericks**- 2012 – 116 minutes

April 29 – **Rise of the Guardians** - 2012 – 97 minutes

Can you help on March 1?

Humanitarian Project

If you would like to help “bag” supplies for hygiene kits that will be taken with Susan on a humanitarian trip to Mexico, sign up and come to the Center on **Friday, March 1** at 9:00 AM. All supplies will be provided for the bags (i.e. soap, toothbrush, shampoo, etc.) Gallon size zip lock bags are needed if you’d like to donate a box of bags. See Susan for complete details. ♦

Tuesday, March 12 - 10:30

Irish Storytelling

On **Tuesday, March 12 at 10:30** Michael Donovan from Cashel County Tipperary, Ireland will be at the Center for some old fashioned Irish Storytelling.

Many of you may have heard of Irish Storytelling but have never had the opportunity to experience it first hand. Tales are handed down, not through reading but from recitation.

The Irish are notoriously fond of hearing tales and poetry recited. In Ireland there are professional shanachies (means a bearer of “old lore”) whose duty it is to know by heart numerous old tales, poems, and historical pieces, and recite them at festive gatherings, for the entertainment of the chiefs and their guests. As is with many cultures, storytelling was used to preserve the History and Traditions of the Irish people.

Michael is sure to entertain you with his Irish stories that give you a sense of rich Irish history, and lots of humor. Come and enjoy lunch and bingo that will follow. This is a **FREE** class, sign up now. ♦

Friday, March 15 - 11:00

Celebrate St. Patrick's Day - Rinceoiri Don Spraoi

Rinceoiri Don Spraoi Irish Step Dancers will be performing on **Friday, March 15 at 11:00** before lunch. A special St. Patrick's Day lunch will be served and reservations are needed. Cost is \$5. Lunch will include Corned Beef and Cabbage, Red Potatoes, Dinner Roll, Chocolate Orange Guinness Cake, & Green Drink.

The Rinceoiri Don Spraoi; pronounced “rin-cory don spree” in Gaelic, their name means: “dancing for fun”. This Salt Lake Valley based school provides an Irish dance education solely for the love of Irish culture and dance.

The dancers come from all walks of life. They have families, school, jobs, and many other activities in addition to attending the Rinceoiri Don Spraoi School. They will perform reels, jigs, and traditional figure dances from which the dancers have gained cultural knowledge of Ireland and the Irish people including: music, dance, folklore, and history. ♦



Irish Poem

There's a dear little plant that grows in our isle,
‘Twas St. Patrick himself, sure, that sets it;
And the sun of his labor with pleasure did smile,
And with dew from his eye often wet it.

It grows through the bog, through the brake, through the mireland,
And they call it the dear little Shamrock of Ireland. ♦



RECREATION...REC

Friday, April, 5 - 10:30

Birds - Of Our Wetlands

On **Friday, April 5, at 10:30** Rosalie Winard will be at the Center to discuss **The Life of Our Utah Birds**.

As spring awakens in Utah, marshes, ponds, and other wetlands will come to life. It's impossible to walk by a wetland area without seeing countless birds rushing about collecting nesting materials, feeding, mating, and defending their territories.

Two birds most commonly seen and heard in Utah's wetlands are the red-winged blackbird and yellow-headed blackbird. Both of these black birds are a little smaller in size than a robin.

Rosalie is an award-winning photojournalist currently based in Salt Lake City, whose work on avian life has been published in an award winning book and exhibition **"Wild Birds Of The American Wetlands"**, recently shown at the Natural History Museum of Utah. Her stunning avian photography seeks to promote awareness and conservation of large wetland birds and their habitats in North America.

Maybe bird watching could be a new hobby for you this spring or summer. This presentation will give you a better understanding of the migratory birds found in our Utah Wetland. This is a **FREE** class, sign up now. ♦

THURSDAY EVENING..THURSDAY EVENING..

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

Cost of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and door prizes. January & February our sponsors were: Village Inn Murray, Village Inn Taylorsville, Chuck-A-Rama, Tony Summerhays, Noreen Hanssen, Skip Whitman, Texas Roadhouse, Taylorsville, Crystal Inn Murray, Lynn Norton. Tony Summerhays & Abeeda Hajwanie. ♦



Weight Watchers

Join the Heritage Center Weight Watchers Group on **Thursday evening at 5:15 PM** with group leader Heidi Beck. New or weigh-in at 5:15, meeting at 5:45. Come and find out about all the programs Weight Watchers offers. They have a variety of payments methods: Monthly Pass- \$42.95, 10 - Week plan - \$99 (current member) \$119 (joining member), Senior 10-week plan- \$80 (current member) \$100 (joining senior). For complete details come to one of the meetings or pick up a flyer at the front desk. You do not need to be a senior to attend this program. ♦

Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, March 14 & April 11** at 7:00 PM to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, please come by. The club meets on the second Thursday of every month. ♦

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Fridays, 11:45-3:45

Massage Therapy

Massage Therapy continues on **Fridays from 11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. ♦

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship Program, you must prove a financial need and meet certain criteria. Applications are available at the front desk or from the Center Director. ♦

Tuesdays from 9:00-12:00

Barber Shop is Open

The Center offers haircuts for men and women on **Tuesday** mornings from **9 to noon**. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. ♦

Newsletter Subscription

Pick up a newsletter at the front desk (.75¢ donation.) Newsletter Subscriptions are available for \$18 per year and are mailed to your home. Or, view the newsletter online at www.murray.utah.gov (Department-Heritage.)

The newsletter is also emailed to anyone who has a participant card and has given the Center a current email address. ♦

Wednesday, March 13 or April 10

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, March 13 OR April 10** from **11:00-1:00**. Appointments are needed and are made at the front desk.

Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you. Bring any documents and forms pertaining to your question. ♦

Wed., Mar. 6 - April 10 - 12:30-3:30

Free Tax Assistance

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and older.

This free and confidential service will be available each Wednesday **March 6** through **April 10** from 12:30 - 3:30. Appointments are required and you may sign up at the front desk two weeks in advance. ♦

Hats for the Homeless

Hats for the homeless are always needed. The Center has a bin in the lobby for donated hats. It does not matter whether hats are hand knitted or made on a loom. Thanks to all who have been supporting this project over the years. The hats are given to the Homeless Shelter or other humanitarian projects. Yarn is needed! If you would like to donate yarn for this worthy cause, place it in the bin. ♦

VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUN

Volunteer of the Month - Vonnie Teerlink

The Center would like to say thank you to Vonnie Teerlink, our volunteer of the month.

Vonnice started her Internship at the Center in 2012, currently a senior at the University of Utah. Vonnie will be graduating this May with her Bachelor's Degree in Health Promotion and Education, with an Emphasis on Community.

Born in Riverside, Nevada (near Mesquite/Bunkerville.) She has 11 siblings (5 brothers and 7 sisters) and more nieces and nephews than she can count.

She grew up on a farm, worked hard, and is grateful for the challenging experiences. Her teen years did not include sleep overs, or hanging out at the Mall. Growing up on a farm there was always work to be done. She looks back now and understands that not everyone gets "the farm" experience which has been a blessing in her life. It has helped shaped her work ethic which many people, today, do not have.

Vonnice is great with people! While at the Center she has taught Brunch for the Brain (5 week course) twice, helped coordinate the Winter Boutique, and assisted with many other programs.

She is a true self-starter, and has demonstrated her reliability. She has gained many new skills because of her cooperative, flexible attitude in taking on a variety of tasks. We thank you Vonnie.

Vonnice will be honored on Friday, April 12 before lunch at 11:45.



TRIPS ...TRIPS...TRIPS...TRIPS...TRIPS...TRIPS...TRIPS...TRIPS...TRIP

Monday, June 10 - 13

PLAN TO TRAVEL IN JUNE TO TUACHAN



It might seem early to be thinking about summer plans but tickets need to be purchased and rooms reserved for the Heritage Center annual trip to Mesquite and Tuachan. Clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend two evenings at the **Tuachan Amphitheatre & Center for Performing Arts**. The shows for this season are *Mary Poppins Broadway Musical* & Andrew Lloyd Weber's *Starlight Express*. A chartered bus will depart from the Heritage Center on **Monday, June 10** and stay three nights at the Casa Blanca Hotel in Mesquite, Nevada. The trip will return on Thursday, June 13.

The cost is \$300 per person (double occupancy) and **\$375** (single room) and will include transportation and baggage service, a box lunch enroute to Casa Blanca Hotel & Casino, one buffet dinner at the Hotel, three Casa Blanca breakfasts, two pre-show dutch oven dinners at Tuacahn, a shopping trip to the Zions Factory Outlets in St. George and tickets to both musical plays.

Sign up for this trip begins **March 21** and **seating is limited**. A **\$50 deposit** is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, May 10** at 4:00 PM. Travelers may register for themselves and one other person. ♦



Summer Fun



Travel with friends...

CENTER TRIPS



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Thursday, March 14 - 1:00

Clark Planetarium - Flight of the Butterflies

The monarch butterfly is a true marvel of nature. Weighing less than a penny, it makes one of the longest migrations on Earth across a continent to a place it has never known. Follow the monarch's perilous journey and join hundreds of millions of real butterflies in the remote mountain peaks of Mexico, with breathtaking cinematography from an award winning team including Oscar winner Peter Parks. Be captivated by the true and compelling story of an intrepid scientists' 40-year search to find the monarch's secret hideaway. Unravel the mysteries and experience the *Flight of the Butterflies in 3D*

The bus departs the Center on **Thursday, March 14** at 1:00 and will return about 4:00. Cost is \$10 and includes all the exhibits currently on display at the Planetarium. Sign up now for this trip. ♦

Thursday, March 21 - 10:00

The Leonardo Mummies of the World

Discover this extraordinary collection of mummies and artifacts from Asia, South America, Europe as well as ancient Egypt, some dating back as far as 6,500 years. The exhibition explains what a mummy is, how mummification occurs both through intentional and natural processes, and that mummies come from all over the world-found in bogs, caves, cellars, deserts and environments all over the globe. Lunch will be on your own at the Leonardo's *Food For Thought* Cafe.

The bus departs the Center on **Thursday, March 21** at 10:00 and will return about 2:30. Cost is \$20 and includes all the exhibits currently on display at the Leonardo. Signups begin **March 5**. ♦

Thursday, April 4 - 8:30

Wendover

Travel to Wendover on **Thursday, April 4**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip now. ♦

Thursday, April 18 - 12:30

Tulip Festival

Welcome spring and enjoy all the colors of the rainbow spread throughout 100 different varieties of 250,000 tulips. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.



The Center bus will leave at **12:30** and return about 3:30. The cost is \$14 and includes transportation and ticket. You can register for this trip beginning on **April 2**. ♦

Trip Ideas

See Program Coordinator Wayne Oberg if you have ideas on destinations for day trips. The Heritage Center 20 passenger bus is available to travel to local destinations of interest. Do you have a spot you'd like to visit? Talk to Wayne and he'll look into your local destination as the next trip stop! ♦

Tuachan

See information on the previous page (15) for the popular trip to Tuachan and Mesquite scheduled to depart on June 10.

No Lunch Reservations Needed!
 Drop by for the regular menu item
 listed below or choose the optional
 salad, soup, or sandwich.

MARCH 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
 Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)
 Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
No options available on Friday, March 15 when we offer a special meal to celebrate St. Patrick's Day - cost is \$5 and advance tickets are needed. 				TAI CHICKEN AND SHRIMP Rice Veggie Samoa Bars or Fruit
No lunch	CHICKEN PARMESAN Roasted Potatoes Veggie Pie or Fruit	ONION BASTED PORK CHOPS Baked Potatoes Peas Birthday Cake and Ice Cream or Fruit	NACHO PASTA BAKE Cilantro Salad Churros or Fruit	PHILLY STEAK SANDWICHES Slaw Jello Cookies or Fruit
No lunch	VIETNAMESE PORK Lo Mein Cinnamon Rice Pudding or Fruit	SPAGHETTI WITH SPINACH AND ARTICHOKE SAUCE Caesar Salad Breadstick Almond Mocha Cookie Bars or Fruit	CHICKEN & DUMPLINGS Broccoli Hawaiian Coconut Carrot Cake or Fruit	St. Pat's Party Advance Tickets - \$5 CORNED BEEF AND CABBAGE Red Potatoes, Roll, Chocolate Orange Guinness Cake, Green Drink
No lunch	BEEFY NACHO SOUP Green Salad Breadstick Flan or Fruit	GARLIC LEMON CHICKEN Baked Potato Casserole, Veggies Pudding Parfaits or Fruit	BBQ PORK RIBS Frito Corn Salad Baked Beans Mississippi Mud Cake or Fruit	CREOLE TURKEY BURGERS Oven Fries & Slaw Coffee Brownies or Fruit
No lunch	CHEESY CHICKEN RICE CASSEROLE Green Salad Chocolate Crackle or Fruit	SALISBURY STEAK Mashed Potatoes & Gravy, Veggies Pecan Pie Cake or Fruit	LEMON DILL SALMON Rice Pilaf Veggies Strawberry Chocolate Chip Cookies or Fruit	HAM Scalloped Potatoes Veggies & Roll Marshmallow Nests or Fruit

No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose the
optional salad, soup, or sandwich.

APRIL 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)
Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>No lunch</div>	<div>2</div> <div>PORK STIR-FRY WITH SOBA NOODLES and Sweet Ginger Sauce, Baklava Muffin or Fruit</div>	<div>3</div> <div>HONEY PECAN PORK CHOP Macaroni & Cheese Veggies, Birthday Cake and Ice Cream or Fruit</div>	<div>4</div> <div>BBQ CHICKEN BREASTS Creamy Pasta Salad, Chocolate Cherry Cordial Cookies or Fruit</div>	<div>5</div> <div>MEATLOAF Mashed Potatoes Brussels Sprouts Peanut Butter Cookies or Fruit</div>
<div>8</div> <div>No lunch</div>	<div>9</div> <div>LASAGNA Caesar Salad Breadstick Lemon Napoleons or Fruit</div>	<div>10</div> <div>MUSHROOM & BACON CHICKEN Rice Pilaf & Veggies Oreo Doodles or Fruit</div>	<div>11</div> <div>THAI CHICKEN CROQUETTES Tangled Noodle Salad Coconut Bars or Fruit</div>	<div>12</div> <div>STUFFED PEPPERS Green Salad, Roll Almond Butter Sugar Cookies or Fruit</div>
<div>15</div> <div>No lunch</div>	<div>16</div> <div>PRETZEL CRUSTED CHICKEN Squash Casserole Fruit, Chunky Monkey Bars or Fruit</div>	<div>17</div> <div>POT ROAST Mashed Potatoes & Gravy, Peas Shortbread Bars or Fruit</div>	<div>18</div> <div>CHICKEN ALFREDO Roasted Veggies Strawberry Crunch Cake or Fruit</div>	<div>19</div> <div>HONEY LIME ENCHILADAS Cilantro Salad Tres Leches Cake or Fruit</div>
<div>22</div> <div>No lunch</div>	<div>23</div> <div>SWEDISH MEATBALLS OVER RICE Veggies Oreo Cheesecake Cookies or Fruit</div>	<div>24</div> <div>LEMON HERB TILAPIA Baked Potato Veggies, Vanilla Chip Oatmeal Cookies or Fruit</div>	<div>24</div> <div>FOODS AROUND THE WORLD Moroccan Chicken, South Asian Turmeric Cauliflower, Greek Souvlaki, European Lox Crostini, Chinese Pot Sticker, English Sticky Toffee Pudding, Mexican Horchata and Margaritas</div>	
<div>29</div> <div>No lunch</div>	<div>30</div> <div>CHICKEN CORDON BLEU Roasted Potatoes Veggies Sundaes or Fruit</div>	<div>No options available on Thursday, April 25 when we offer a special meal “Foods from Around The World” - cost is \$5 and advance tickets are needed.</div>		

